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Toronto metro

Your essential daily news | MONDAY, MAY 25, 2015 | High 23°C/Low 18°C Rainy

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FANCY FOOTWORK

LIZ BEDDALL/METRO

There were toe-taps and hand-claps at Yonge-Dundas Square Sunday for Sharing Dance Day, a National Ballet School initiative encouraging Canadians to experience the joy of dance. See metroNEWS.

TTC promises to bust 'bunching'

TRANSIT

Plan aims to fix issue of waiting for a bus only to get 3 in a row

Luke Simcoe
Metro | Toronto

You'll stand at the bus stop for 15 minutes with no bus in sight. Then, all of a sudden, three buses will show up at once.

Known in transit terms as "bunching," it's a common experience for Toronto transit riders, but one that may happen less often once the TTC upgrades its aging tracking system.

"We're still using technology from 1978," said Rick Leary, the TTC's chief service officer. "And we know we have some issues; we don't deny it."

According to Leary, bunching occurs when a vehicle is unable to keep to its schedule because of construction or other delays. A late bus means more passengers at the next stop, which translates into longer boarding times and further delays.

"It's something we get a lot of complaints about from the public," Leary said.

In other cities, transit providers have turned to technology to solve the problem. The City of Miami has partnered with IBM on a predictive algorithm that can spot potential bunching 60 minutes in advance.

Earlier this month, Chicago announced a $9-million plan to upgrade its communication and tracking systems in a bid to battle bunching.

The TTC is still playing catch-up, Leary said, but will issue a request for proposals for a new tracking system next month.

The new system will allow for real-time tracking of every bus on the road, which will enable staff at TTC control to adjust schedules on the fly.

Leary expects procuring and installing all the upgraded technology will cost roughly $50 million, and the system should be up and running by 2017.

In the meantime, the TTC is drawing from its spare-vehicle pool to add buses to routes to prevent delays. The pilot project began in October and has vastly reduced short turns.

"Historically, shorts turns (on the 29 Dufferin bus) were in the area of 300 a week. Now we're short-tripping 30 or 40 vehicles a week," Leary said.

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Your essential daily news

Mathematician John Forbes Nash Jr, inspiration for movie A Beautiful Mind, dies in car crash.

Let cyclists ride through stop signs, advocates say

TRAFFIC

'Idaho stops' don't lead to rise in injuries, one paper finds

When Cycle Toronto executive director Jared Kolb is riding toward an intersection, he will look to see if any other road users have arrived before him.

If someone has, Kolb will stop and yield the right of way. But if the coast is clear, Kolb bends the rules a bit.

"I use four-way stops … basically as yields," Kolb said. "I don't think I'm alone in that."

Stop signs are not suggestions. But to anyone who has cycled along empty streets late at night or pedalled through a suburban neighbourhood with no one in sight, the idea of constant stopping and starting can seem pointless.

Kolb's argument is a common one among cycling advocates. Bicycles rely on momentum, which a cyclist can preserve if they're allowed to cautiously roll through an intersection.

This manoeuvre is legal in the U.S. state of Idaho. Cyclists approaching a stop sign are required to slow down and stop if it's necessary, but they can proceed through an intersection without stopping if it's safe to do so. The law also lets cyclists travel through red lights after stopping if they can do so safely.

A cyclist on busy Front Street downtown. Should cyclists be allowed to ignore stop signs?
TORSTAR NEWS SERVICE

Some contend that the Idaho law simply formalizes what cyclists safely do every day. Rolling stops are so common among cyclists everywhere that some have dubbed the manoeuvre the "Idaho stop."

And there's evidence that relaxing the law won't lead to chaos in the streets.

In a paper, Jason Meggs, a research affiliate at Berkeley's school of public health, wrote that there was "no evidence of any long-term increase in injury or fatality rates as a result of the adoption of the original Idaho Law in 1982."

Bicycle injury rates in Idaho declined by 14.5 per cent in the year after the law was introduced, Meggs wrote.

Correlation does not imply causation, as the saying goes, but at the very least, the relaxed law didn't make Idaho's roads any more dangerous.

"While aggregate injury rates include numerous types of collisions, the decline in injuries is consistent with the strong indication that the law actually improves overall roadway safety," Meggs wrote.

Yvonne Bambrick, author of The Urban Cycling Survival Guide, almost always makes complete stops when riding, and she believes following the laws closely can reduce a cyclist's risks.

> **When everyone's breaking a law, maybe there's something wrong with the law.**
> Jason Meggs, Berkeley school of public health

"I think that cyclists should be following the rules of the road as we have them now," Bambrick said. "In places like Idaho, they've been rewritten for bikes, but that's not what we have in place now."

But amending the law to allow cyclists to make rolling stops makes sense, Bambrick said.

Not everyone agrees. Patrick Brown, a lawyer and the head of Bike Law Canada, said some cyclists would treat an Idaho-style law as an invitation to ride recklessly.

"We all do Idaho stops," Brown said, laughing. "But if you legislate that and you say that it's allowable that you can do a rolling stop at a stop sign, well some people are going to take that to mean … that I can bomb right through it."

TORSTAR NEWS SERVICE

CRIME

Two shot in Scarborough
Two men have been taken to hospital after being shot in Scarborough Sunday night, according to Toronto police.

Police and paramedics were called to the Kennedy Road and Passmore Avenue area around 9:20 p.m.

One man was shot in the chest and rushed to a trauma centre in serous condition. The second man was shot in the hand and taken to a local hospital.

Police said they are "looking for a number of suspects." TORSTAR NEWS SERVICE

Boy stable after possible drive-by shooting
A 13-year-old boy was sent to hospital after a suspected drive-by shooting in North York on Sunday afternoon.

Police said that the boy was outside of a residence on Driftwood Avenue near Jane Street and Finch Avenue around 2 p.m. when he was shot once.

Paramedics confirmed that they transported the teenager in stable condition with minor injuries.

Police have no suspects.
TORSTAR NEWS SERVICE

Gunshot victim turns up in hospital
A man is in hospital after a downtown shooting Sunday.

Police were called to the scene at Jarvis Street and Front Street just before 3 a.m. for reports of a possible shooting. No victim was found on scene.

A male victim turned up in hospital later with a gunshot wound to his abdomen.
TORSTAR NEWS SERVICE

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10 THINGS TO KNOW ABOUT CAPTAIN JOHN'S

Equally infamous and iconic, Captain John's is about to sail off into the sunset. Later this week, the 90-metre vessel will be towed to a facility in Port Colborne, where it will be dismantled and recycled. Metro spoke with Marine Recycling, the company in charge of the operation, to learn more about the former floating restaurant's final voyage.

LUKE SIMCOE METRO

1 THE SHIP'S MOVING DAY

The ship will likely be removed from the harbour Tuesday or Wednesday, depending on weather conditions, said Marine Recycling's director of business development, Wayne Elliott.

Unable to sail under its own power, Captain John's will be towed by a pair of tugboats.

2 OPERATION RISKY TOW

It's a risky operation, made even more risky by things outside everyone's control. "You're towing a big ship with small tugs," Elliott said. "The wind can be a real nemesis."

A police escort will be on hand to ensure commercial boats and pleasure craft keep their distance.

3 PORT COLBORNE

It's expected to take about a day for the ship to make its 70-kilometre journey, moving across Lake Ontario and through the Welland Canal.

John Letnik with what would become Captain John's seafood restaurant upon its 1975 arrival in Toronto. TORSTAR NEWS SERVICE FILE

4 DISMANTLING CAPTAIN JOHN'S

Once it arrives at Marine Recycling's facility, the boat will be tested for hazardous materials, including heavy metals and polychlorinated biphenyls (PCBs) that could be lurking in the paint.

5 TAKING EVERY PRECAUTION

Roughly 10 tonnes of asbestos will need to be removed from the ship and its fuel tanks will be scrubbed clean to avoid polluting the water.

"The whole idea is that we don't get a single drop of oil in the water," Elliott said.

6 SCRAP STEEL WORTH $260K

The boat tips the scales at just more than 1,800 tonnes, 70 per cent of which is steel.

The steel should be worth about $260,000 once it's sold to local mills as scrap, Elliott said.

7 RECYCLING ITS PARTS

Other recyclable metals on board include copper wire along with the boat's twin bronze propellers.

8 A CREW OF 50 PEOPLE

It'll take a crew of 50 about three months to dismantle the ship fully.

9 AUCTIONING MEMENTOS

Marine Recycling will sell mementos from the ship, including tables and portholes, to antique dealers.

10 RECYCLE, REPURPOSE

"Metal is infinitely recyclable," Elliott said, meaning the steel from Captain John's could be turned into everything from "new cars to razorblades."

CAPTAIN JOHN'S

From cruise ship to seafood hotspot, MS Jadran now destined for recycling yard

Luke Simcoe
Metro | Toronto

The vessel known as Captain John's began its life as the MS Jadran, a Yugoslavian cruise ship ferrying passengers around the Adriatic. The boat was bought by John Letnik in 1975 for $1 million and sailed to Toronto.

Moored at the foot of Yonge Street, the Jadran served as the second location of Letnik's eponymous restaurant. However, in 1981, its sister ship, the MS Normac, was hit by a municipal ferry and sunk.

During the 1970s and '80s, Captain John's was a Toronto landmark and popular destination for diners. However, by 2002, a dwindling clientele and rising maintenance costs forced Letnik to file for bankruptcy protection.

A health inspection in 2008 forced a temporary closure, and in 2009, Letnik put the restaurant up for sale. A willing buyer never materialized, and, in 2012, the city shut off the vessel's water supply, citing $500,000 in unpaid rent and back taxes.

The city eventually seized the vessel and sold it to entrepreneur James Sbrolla in 2014 for $33,501. However, the Toronto Port Authority rescinded the deal after plans to find a new berth for the boat fell through.

Captain John's was sold this month to Marine Recycling for an undisclosed amount.

The MS Normac sank about six years after what we know as Captain John's arrived as her sister ship. TORSTAR NEWS SERVICE FILE

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Films pair with live music

FESTIVAL

Open Roof open to casual approach

Gilbert Ngabo
Metro | Toronto

Moviegoers and music lovers enjoy the show at a previous Open Roof Festival. CONTRIBUTED

It's party in the open as Toronto gears up for 10 movies and 10 bands in 10 weeks.

Tickets are on sale starting Monday for the annual Open Roof Festival, coming to town for the sixth time. With a diverse lineup of selected films paired with local music bands performing live, it's a festival like no other.

"Being in the open with friends and a beer, the festival really has a party feel to it," said Sandra Singer, co-founder and festival director.

The idea of holding a film festival in an open space was born out of a Hot Docs film screening that took place on an outdoor site some seven years ago, she said. That's where Michael MacMillan, the other co-founder, picked the inspiration and sold it to Singer when they met at a conference a week later.

Running every Wednesday from June 17 to Aug. 19, this year's festival features a variety of hit cinema from Canadian and global filmmakers. Every night before the movie screening, one local music band will entertain the audience.

> **Our format is unique in combining film and music.**
> Sandra Singer

Organizers say they've had to hammer down the festival's lineup according to the needs of the audience. Watching a film from an open roof doesn't require the same level of concentration as watching from inside a traditional theatre, said Singer.

She said the atmosphere at the festival is lighter, more casual and a lot more fun.

"We've also learned to be more diverse, making sure our programming covers a range of themes and genres. It's what the audience loves."

The festival will take place at 99 Sudbury St. in the Queen-Dovercourt neighbourhood.

HIGHLIGHTS

Kurt Cobain: Montage of Heck examines Cobain's career from his early days to his rise and fall with Nirvana, and his untimely death. Multi-instrumentalist Tomi Swick will perform, June 17.

Ex Machina: A breakthrough experiment in artificial intelligence that shows a programmer's futuristic world as he interacts with a beautiful robot. Preceding the screening will be Sam Drysdale, a powerhouse Guelph performer, July 1.

It Follows: The first ORF horror screening centres on a woman running away from a supernatural force that follows her. It debuted at the Cannes Film Festival in 2014 to rave reviews and has set the genre world on fire. Toronto's country-folk songstress Jessica Mitchell performs, July 8.

Diamond Tongues: A woman, played by Leah Fay, dreams of becoming a successful actress but can't seem to make things happen. When she can't figure out why, she begins to do everything wrong. Fay, from Toronto's July Talk, will perform, Aug. 19.

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Volunteers for this Homegrown National Park project got creative with canoes, using them to plant a diverse array of plantlife. CONTRIBUTED

Group greening up Seaton Village

ENVIRONMENT

Canoes to be used to plant trees, flowers in parkland

Gilbert Ngabo
Metro | Toronto

Seaton Village needs more green space — and those in search of it are taking matters into their own hands.

They've got their eye on a concrete schoolyard — about the size a football field — at the Monsignor Fraser College campus, which is owned by the Catholic school board. Negotiations for snagging the land are under way, and a host of partners have signed on.

> **In downtown Toronto we have a deficiency of green space.**
> Coun. Joe Cressy

Among them is the David Suzuki Foundation, involved under the banner of its Homegrown National Park initiative.

The effort is focused on helping people "parkify" their neighbourhoods and create an urban green corridor on lands along the former path of Garrison Creek.

Since launching the program in 2013, the foundation has recruited and trained more than 60 volunteers, known as homegrown park rangers. They've intervened in more than 20 community projects to create green spaces in Wards 17 to 21, said Jode Roberts, foundation spokesman.

The projects have included everything from planting food forests to turning canoes into gardens.

"The initiative proves that we can make amazing stuff happen in our neighbourhoods," Roberts said.

Partners in the Seaton Village project are already working on landscape design and looking into costs. The plan is to plant trees, shrubs and flowers with the park maintained by volunteers along with the school, said Ward 20 Coun. Joe Cressy.

"There's real excitement from the community, including myself, to make this happen," he said. "To find anywhere we can turn concrete into a green space is a victory."

One of Seaton Village's green additions. CONTRIBUTED

TEACHERS' STRIKE

Mediated talks break down

Education Minister Liz Sandals says it's disappointing mediated talks with secondary school teachers failed to result in an agreement, but she remains committed to reaching a negotiated settlement.

However, Sandals said in a statement Sunday that if she gets word from the Education Relations Commission that the school year is in jeopardy, the government will "take the appropriate action as quickly as possible."

The Ontario Secondary School Teachers Federation said Saturday that two days of talks with a mediator failed to make any progress, and talks were at an impasse.

Union president Paul Elliott accuses the government of continuing to demand concessions that he says would lead to inferior learning conditions for students.

The union plans to apply to the provincial labour ministry for conciliation.

Teachers are on strike in Peel, Durham and the Sudbury-area Rainbow school districts that have left more than 70,000 students out of class.

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St. Lawrence vendors given eviction extension

COMMUNITY

Displaced businesses have options: Market official

St. Lawrence Market indoor vendors have been told they must leave after the Pan Am Games. TORSTAR NEWS SERVICE

For craft vendors who've been fighting their eviction from St. Lawrence Market, city officials have good news and bad news: Everyone can stay through the Pan Am and Parapan Am Games, but the next day, all the indoor vendors must get out.

At a meeting held last week in the soon-to-be-demolished North Market, vendors were granted a second extension to their eviction, originally slated for April 1. But while the 45 part-time outdoor cart vendors will be allowed to continue hawking their wares until Oct. 11, the six full-time indoor vendors will have to vacate their stalls by Aug. 17.

They will then have the option of joining their colleagues outside for the summer, said St. Lawrence Market spokeswoman Natasha Hinds Fitzsimmins.

It's a bitter pill to swallow for those who spearheaded petitions and got their customers to call their city councillors to prevent the eviction.

"After all the outcry, the public response is 'everyone can stay.' But the day after the Games are over, the indoor vendors are out — and there's no explanation," said David Gareau, who's been selling vinyl, music memorabilia and Central American crafts at the market for 27 years.

> **For me, the whole point of this exercise is about clearing us out of here. For what? Who knows.**
> David Gareau

In January, the city told the outdoor vendors they would have to make way for a temporary structure to house the farmers and antique dealers displaced when the North Market building is demolished later this year.

In March, it said the temporary market tent on the Esplanade isn't big enough and the indoor vendors would have to make way for the overflow.

Now, it appears that there's so much extra space in the tent that the craft vendors will be asked to move in. After Oct. 11, all craft vendors will be asked to move into the temporary market housed in a tent on the Esplanade for a once-a-week market, with an option to join a two-week-long Christmas market in December, Hinds Fitzsimmins said.

"There aren't any overflow farmers. They're all going to fit inside that tent. So the question is what's coming in here — but they won't answer," said Gareau.

The uncertainty has already taken a toll on the market. There's an empty patch and a blank brick wall immediately beside Orna Braginsky's handmade jewelry stand. The vendor who was there for years packed up when she heard about the evictions, Braginsky said — something she considered doing as well.

Braginsky and Gareau got together to rent a storefront in Kensington Market and now find themselves with two stores to run through the summer — one with plenty of loyal customers and one requiring lots of energy to get off the ground.

"This is where my customers are," she said. "If they don't have plans to use my tiny corner, why do they want to get rid of me?"

Like Gareau, Braginsky started with an outdoor cart on the weekends, but moved inside about three years ago — agreeing to the strict rules that require them to stay open five days a week year-round and keep market hours, including 5 a.m. to 5 p.m. on Saturdays.

"Lots of outdoor vendors have other jobs and just do this as a hobby. But for me, this is all I've got," she said.

TORSTAR NEWS SERVICE

Sharing Dance Day draws dancers to the Square

Sharing Dance Day brought hoards of energetic dance lovers to Yonge-Dundas Square on Sunday. Professionals from various dance genres led the energetic crowd in routines, while exhibitors promoted movement-based programming from booths scattered around the square.

LIZ BEDDALL/METRO

Mayor John Tory
TORSTAR NEWS SERVICE

TRANSIT

TTC to increase service

Changes to 61 TTC bus routes aim to give those travelling outside of rush hour more reliable service both downtown and across the suburbs.

Those changes, detailed for the first time on Sunday as part of the $90-million investment already announced and budgeted earlier this year, could start rolling out as early as Sept. 6, said TTC CEO Andy Byford.

The recommendations must first be approved at a TTC board meeting on Wednesday.

"For there to be that true connection, that true sense of one Toronto, we need a reliable transit system so people can get to work on time, get home faster, spend more time with their families," Mayor John Tory said Sunday, next to a Scarborough bus stop on Kennedy Road to announce the improvements.

"This will benefit an increasing number of people who are working in different kinds of shifts, who depend on the TTC for overnight travel — the majority of whom are shift workers and people working non-traditional hours."

Those changes would largely restore the 2011 service cuts to 41 routes under the Rob Ford administration — something Tory promised to rectify in his state-of-the-city address back in November.

The large majority of those routes, 43 in all from Etobicoke to Scarborough, would see increased all-day, everyday service.

Five routes would also see expanded service that never existed before.

The improvements also include seven new overnight Blue Night routes in Scarborough, North York, Etobicoke and downtown, while extending or changing 11 others — what Tory said was recognition of the changing work lives of many Torontonians.

The TTC says the expansion would put 99 per cent of Toronto residents within a 15-minute walk of overnight bus or streetcar service.

TORSTAR NEWS SERVICE

UPX train a go ... sort of

UNION PEARSON EXPRESS

Linking airport to GO stations may take longer than expected

Metrolinx will launch the Union Pearson Express (UPX) train to the airport in about two weeks, but it could be another two years before it delivers a direct connection between the UPX Bloor Station and the nearby TTC.

A tunnel was supposed to provide direct access from the Dundas West subway station to the UPX stop that is also served by GO trains.

That is still the plan. It's just taking longer than expected, UPX president Kathy Haley told the Global AirRail conference in Toronto on Thursday. It will likely be two years before a weather-protected link is available, she said.

But Torstar News Service has learned that Metrolinx has not been able to negotiate access through the parking garage beneath the Crossways building, a mixed residential, retail complex, that stands between the UPX station and the subway.

The building's ownership has changed in the time Metrolinx has been trying to gain underground access. If it can't come to terms with the latest owner, it will likely have to expropriate some property to build the tunnel.

With UPX to begin running June 6, transit officials will only say that negotiations are continuing and the plan to provide a tunnel is firm.

Meanwhile, there's a plan to beef up a second entrance to the Bloor UPX station at Dundas and Edna Streets by adding a kiss-and-ride for easier drop-off and pickup to the airport. The new pickup area should be ready by early July, she said.

Until then, customers travelling from the subway to the UPX will have to walk about 300 metres along Bloor to the primary entrance for the UPX/GO station. The route is fully accessible with no stairs or curb cuts and it has signs to help travellers find the airport train, said spokeswoman Anne Marie Aikins. While Metrolinx has asked the city to install a traffic light at Dundas and Edna, that likely won't happen immediately.

The terminus stations at the airport and Union Station are complete but crews are scrambling to finish the stops at Weston and Bloor.

TORSTAR NEWS SERVICE

> **We really want to make it as easy as possible ... that's the key to getting people on transit.**
> Anne Marie Aikins

The new UP Express train is stopped at Pearson Airport Terminal 1. TORSTAR NEWS SERVICE

IN BRIEF

Man pulled from Lake Ontario dies in hospital

A man has died after being pulled from Lake Ontario on Sunday morning.

Fire Services received a call at 8:47 a.m. to 1225 Lake Shore Blvd. W. near Jameson Avenue in response to a man found in the water. Vital signs were absent when fire crews arrived at 8:49 a.m. Paramedics rushed the man to St. Joseph's Health Centre.

Firefighters were called in to apply rotating continuous chest compressions while the man's body temperature was slowly raised in hospital. The procedure was expected to take 10 hours, but the man died later that morning.

Details of how the man ended up in Lake Ontario could not be confirmed at press time. TORSTAR NEWS SERVICE

BLOCKBUSTER BIG BUDGET FILMING DOWNTOWN

If downtown Toronto looked like a disaster scene last weekend, it's because it was. The film Suicide Squad — starring Will Smith, Jared Leto and Margot Robbie, among others — took over parts of downtown with the kind of staged helicopter crashes and movie mayhem you would expect of the large-budget film. While filming offered an excellent opportunity for star sighting, downtown traffic was affected by road closures.

TORSTAR NEWS SERVICE

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‘A new chapter in the story of Alberta’

POLITICS

NDP leader Rachel Notley sworn in as premier

Rachel Notley is applauded on Sunday, after being sworn in as Alberta premier in Edmonton. JASON FRANSON/THE CANADIAN PRESS

NDP Leader Rachel Notley ushered in Alberta’s first change of government in almost 44 years Sunday, being sworn in on the steps of the legislature as the 17th premier.

“Welcome to the first day of Alberta’s new government,” Notley told the cheering crowd under bright afternoon sunshine. “Today we open up a new chapter in the story of Alberta.”

The other 11 members of Notley’s new cabinet were also sworn in.

Former Calgary alderman Joe Ceci is the new finance minister. Former teacher and school administrator Margaret McCuaig-Boyd is the new minister of energy. Former NDP leader Brian Mason is the new minister of infrastructure and transportation.

The ceremony officially brought to a close 43 years, eight months, and 15 days of Progressive Conservative rule, dating back to Sept. 10, 1971.

It is the longest stretch of power by one party in Canadian history.

Notley’s team made its own history on May 5, capturing 54 of 87 legislature seats to dethrone the Tories under leader Jim Prentice.

It’s the first NDP government in Alberta, and Notley becomes Alberta’s second female premier after former Tory leader Alison Redford. It is also a passing of the torch.

Notley’s father, Grant Notley, was the leader of Alberta’s NDP during lean years for the party in the 1970s and early 80s. He died in a plane crash in 1984, just two years before the NDP made an historic breakthrough, winning 16 seats and forming official Opposition in 1986.

For Alberta, it’s the first time in over a year a premier is governing with a province-wide mandate. THE CANADIAN PRESS

CONTROVERSY

The Alberta NDP also ejected rookie Calgary Bow member Deborah Drever following the circulation of a series of questionable photos, including one deemed homophobic by the party. Drever, 26, will sit as an Independent.

BINGO

Under the B, bad business in Quebec

A woman sits among empty tables at a bingo hall on May 13 in Montreal. THE CANADIAN PRESS

Jean-Marc Crete sits attentively on his platform, mike in left hand, the potential winning ball freshly released from a constantly buzzing machine that provides the soundtrack to the Montreal bingo game.

He picks up the little yellow plastic ball and delivers a monotone, bilingual announcement.

“O soixante-sept; O sixty-seven,” Crete calls, gently slotting the ball in a socket on a console that also acts as his desk.

The players, mostly over 60, follow his every call, methodically pressing their daubers on their papers, releasing a small amount of translucent gooey liquid onto the right number.

Crete, who’s about to hit 61, says he believes “everyone has a little bit of a gambling bug.”

But for years, young people who caught the bug have been getting their fix elsewhere.

The remaining 50 or so bingo halls in Quebec are losing millions of dollars every year as their traditional clients die off and are not replaced.

The Quebec government, which regulates the game strictly, has for years tried to revive the seemingly moribund industry but profits have continued to slide.

The golden age of bingo in Quebec was in the 1960s and ’70s, after the province’s Quiet Revolution reduced the influence of the Roman Catholic Church. Today it’s not unusual for players to win hundreds or thousands of dollars in one night, but the chance of winning big is still not enough to attract young people to the game.

In an era of short attention spans and competition from all sorts of digital-based gambling offerings, traditional bingo seems archaic and quaint. THE CANADIAN PRESS

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WEATHER RAINS CAUSE FLOODING, RESCUES, EVACUATIONS IN TEXAS, OKLAHOMA
Highway patrolmen rescue Justin Nimmo, left, from his business, just in time, after flooding caused by rising water from Saturday night's storms trapped him in the store on Sunday in Purcell, Okla. Up to 25 centimetres of rain fell over 24 hours in parts of Texas, prompting numerous evacuations and rescues overnight and into Sunday, while a firefighter in northeast Oklahoma died after being swept away in floodwaters.
STEVE SISNEY/THE OKLAHOMAN/THE ASSOCIATED PRESS

Gay couples awake to a new Ireland

JUSTICE DEPARTMENT

Plans to draft marriage bill this week

Gay couples of Ireland woke up Sunday in what felt like a nation reborn, with dreams of wedding plans dancing in their heads.

This new reality was sinking in after the Irish people voted with a surprisingly strong 62 per cent "yes" to enshrine the right to gay marriage in the country's conservative 1937 constitution. Thousands of revellers of all sexual identities celebrated until dawn after the result was announced Saturday night.

The Justice Department confirmed Sunday it plans to draft a marriage bill this week that will permit those taking vows in civil ceremonies to choose either to be "husband and wife" or "spouses of each other." It will ensure that no church is required to perform a gay marriage, a key demand of the dominant Catholic Church and also the main Protestant and Muslim communities in Ireland.

Deputy Prime Minister Joan Burton said she expects the bill to become law by early July. Because existing law requires a minimum three-month notice for any civil marriages, the first gay weddings cannot happen until the fall.

For Sen. Katherine Zappone and Ann Louise Gilligan, their day has nearly come. Since 2003 they have fought for legal recognition of their Canadian marriage, suffering setbacks and delays as they sued the state all the way to the Supreme Court.

"For so long, I've been having to dig in my heels and say ... Well, we *are* married. I'm a married woman!" said Zappone, a Seattle native who settled with her Irish spouse in Dublin three decades ago.

"We are now entering a new Ireland," said Gilligan, a former nun.

Zappone and Gilligan thrilled a crowd of thousands of rainbow flag-waving revellers Saturday at the results centre at Dublin Castle with a playful promise to renew their vows. Zappone dramatically broke off from a live TV interview, stared directly into the camera, and asked Gilligan to marry her all over again.

"I said yes to Katherine 12 years ago at our marriage in Canada," Gilligan, nearby, shouted to the crowd. "And now we are bringing the 'yes' back home to Ireland, our country of Ireland! Yes, yes, yes!"
THE ASSOCIATED PRESS

"There aren't that many moments in life where you are surrounded with an exuberance of joy. These are rare moments.
Ann Louise Gilligan

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Phone gripes top of CRTC list

TELECOMMUNICATIONS

Many wrote to watchdog about billing issues

Wireless carriers automatically renewing customers' contracts without their consent; clients being kept on hold for hours while trying to cancel their services; mysterious charges from unknown third parties popping up on customers' phone bills: These were some of the most commonly cited allegations in hundreds of complaints lodged by consumers with the CRTC about telecom companies between January and August of 2013 obtained via Access to Information legislation.

A few of the appeals are heart-wrenching. One complainant alleges Bell wouldn't stop harassing him about his deceased wife's account, even though he had paid it off.

"Losing my wife of 45 years was hard enough, but dealing with ineptitude like this makes it even harder," he wrote.

A man checks his smartphone in Vancouver. Consumers lodged hundreds of complaints against telecom companies between January and August of 2013. THE CANADIAN PRESS FILE

Another wrote to the CRTC in desperation, accusing Bell of shutting off service for an "unknown reason" and that five calls to the company had failed to resolve the problem.

"Please please help me," the complainant wrote. "I'm 77 years old and just lost my wife and I need my phone and Bell won't fix the error that they caused."

> **"I'm 77 years old and just lost my wife and I need my phone.**
> One complainant to CRTC

In its response letter to the CRTC, Bell said it had accidentally disconnected the customer's phone line a week earlier than requested but restored service a few days later.

BCE Inc., Rogers Communications Inc. and Telus Corp. say the number of complaints filed about telecom companies has been steadily declining as all three companies have worked to improve customer service.

Ottawa has introduced a number of regulations in recent years to address some of the issues contained in the complaints.

An annual report from the complaints commissioner suggests the measures are having an effect.

The commissioner accepted 11,340 complaints by the end of 2014 — down 17 per cent from the previous year.

Roughly 32 per cent — or 3,651 complaints — were about Bell, down nearly seven per cent from the previous year. Rogers and its discount brand, Fido, came in second with 3,284 complaints, a decline of about 31.5 per cent.

Telus received 653 complaints, roughly six per cent of the total and a decline of about 26 per cent.

THE CANADIAN PRESS

ODD GROUSES

No answer on Halloween: One person alleges Bell cut off his phone instead of renewing the contract the night of Halloween, leaving him out of touch with his girlfriend, who was trying to reach him.

Flipping the bird: Another person alleges when he told a Telus truck to slow down in his neighbourhood, he was given the finger; a client rep he spoke to laughed at him.

Blowing the horn: A complainant whose service was interrupted while workers were installing equipment alleges Telus said restoration would take weeks. The complainant looks after a young woman with multiple sclerosis who "has been using an air horn to get our attention ... We need our phone back."

THE CANADIAN PRESS

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CANADA-U.S. CARGO TRANSPORTATION

Group eyes driverless trucks

Trucks hauling cargo from Canada through the United States to Mexico and back navigate border crossings without the need for passports, visas or even a driver to steer them.

It's an idea that's not too far-fetched, says a group that met in North Dakota last week.

Marlo Anderson with the Central North American Trade Corridor Association says members are working to turn the idea into reality.

The plan is for an autonomous vehicle corridor along Route 83, which runs north-south through Texas, Oklahoma, Kansas, Nebraska, South Dakota and North Dakota. The road then continues into Manitoba. A study into the feasibility of the project is being planned and Anderson says the group wants to travel to communities along the corridor to gain support.

The technology, though experimental, already exists in driverless vehicles that use tools such as GPS to navigate roads, Anderson said.

Anderson said he understands why the idea is unnerving for some, but noted that unmanned vehicles have the potential to remove human error from driving. "They don't need to worry about a driver having too many hours in a day or in a week."

Roy Ludwig, mayor of Estevan in southeastern Saskatchewan near the border, attended the association's summit and says he believes in the project.

"You have to flesh it out and take care of all the intricacies, but it's definitely worthwhile looking into it," he said.

THE CANADIAN PRESS

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IN BRIEF

Trade talks stall Japan is dragging its heels on a date for the eighth round of bilateral trade talks with Canada because the Asian country has lost interest, according to an internal memo from the Department of Foreign Affairs, Trade and Development.

The memo says Japan is more interested in the ongoing 12-country Trans-Pacific Partnership talks with several of its neighbours as well as Canada, the U.S., Mexico and Australia. THE CANADIAN PRESS

metro VIEWS
Your essential daily news
Monday, May 25, 2015

#MYMETRO

Mark Dowdell, Edmonton

What are you up to?
I walked over from my office at Atco Gas, a few blocks away, to have lunch on the square.
What is your commute?
I drive. My commute is less than 15 minutes from Forest Heights to downtown. I'd be tempted to ride my bike if I didn't have to pick up my son from daycare.
Where should someone new to the city visit?
Definitely the River Valley. That's why I live where I do. I use it all the time to bike or run.
What are you binge-watching or reading right now?
I have a young child, so no time to binge-watch. But I did catch up on several episodes of Mad Men before the finale.

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Mind the gap: Unfilled city jobs, trouble ahead

TORY'S TORONTO
Matt Elliott

The good news out of last week's budget committee meeting? The city is rocking a $190-million surplus from the 2014 budget year.

The bad news? As has been the case with every City of Toronto budget in recent memory, a chunk of that budget surplus is due to the city not hiring people to fill positions.

The budget nerds call this "gapping," and it's significant.

Last year, for example, the city left 56 positions vacant at the Toronto Public Library and 121.5 positions open at Toronto Public Health, according to the city's 2014 budget variance report.

At Transportation Services — the department responsible for maintaining the roads — more than 110 jobs went to nobody. And at Parks, Forestry and Recreation, the division that maintains our parks, there were a whopping 206 unfilled jobs.

Some departments offered excuses for why they didn't hire enough people. The Parks department said there just aren't enough arborists in this city. (Hey kids, maybe consider a career as an arborist.)

But even taking those explanations into account, the city's job vacancy rate is high.

At big organizations like the City of Toronto, some level of vacancy is expected. People move about a fair bit: They retire, get promoted, drop everything to pursue a music career, or whatever. But the city budgets for that, setting a target for a 2.3 per cent vacancy rate. But last year, like every year, the rate was far higher, at 5.2 per cent, if you take gapping into account. That's 1,200 total jobs.

Those empty chairs aren't very good at keeping parks clean or roads clear. They do a lousy job of getting people access to social programs. And they're terrible at answering phone calls and emails.

Over the years, these vacancies have serious impact. At City Planning, years of high gapping rates — more than 13 per cent in 2011-2012 — meant long delays in completing heritage studies and development applications.

It's no coincidence the city saw some questionable planning during that time. There were hastily approved projects and a lack of infrastructure to support new developments.

It was an untenable situation. And while the situation at the planning department has gotten better, the numbers say the problem remains across other departments.

At last week's budget committee meeting, Coun. Mike Layton and Coun. Shelley Carroll both pointed to high gapping rates as a concern. Layton suggested city projects wouldn't take so darn long if positions were filled. Carroll, a former city budget chief, used stronger words.

Deficits are not always financial. Sometimes there are deficits in what we promised to do.
Coun. Shelley Carroll

"We have a surplus, but we also have a deficit in what we promised to achieve," she said. "Deficits are not always financial. Sometimes they are deficits in what we promised to do."

Matt Elliott lives and writes in Toronto. Follow him on Twitter @GraphicMatt

ROSEMARY WESTWOOD

metroview

"I will not strap on a stiff bra and pretend I don't have nipples."

I have nipples.

As does everyone. So why are we obsessed with hiding them?

Instagram clarified its nipple rule last week: They are a no-no, but breast-feeding is OK, as are mastectomy scars. Facebook is also anti-nip.

Not only do we censor bare-breasted women (in a country where going topless is legal), we pressure them to hide any trace of nipples under their shirts. The nipple hysteria is comically vast.

There are tabloid sightings of celebrity nipples beneath tops (last week it was Rihanna's). A Fox News affiliate recently blurred the nipples in a Picasso painting for its TV audience.

Pointy nipples cost Anne Hathaway brutal headlines at the 2013 Oscars. Jennifer Aniston's nipples have a Twitter handle a decade after the end of Friends. And one website offers up the "15 hottest actresses busted with erect nipples."

All these nipple naysayers are absurd. We allow cleavage, and the outlines of breasts and butts under clothes. But nipples? Gasp!

At work, or even strolling around the city, nipples seem not only rude but somehow naughty. As if nipples = sex.

Meanwhile, hard-nippled or bare-chested men cause no offence, even though, as my sister pointed out, "Women's nipples are at least used for a purpose."

I simply don't get it. They're only part of the natural shape of the breast. But even that has become vulgar.

We buy mass-market bras that create the taut symmetrical curve of a coconut, perched right under the chin. Any jiggle or droop is shamed. I'm sick of feeling like the only acceptable tit is the one that looks pasted on by a bad plastic surgeon.

And, I never thought I'd long for 2009, but that was when New York Magazine ran an article asking "Are Nipples 2009's Must-have Fashion Accessory?". That year, nipples starred on spring runways and Victoria Beckham let hers be perky, causing an uptick in nipple surgeries and the suggestion she was a "nipple role model."

I could use one of those.

Since my preteen years, I've felt like it's my job to hide them. But this summer, I will not be compressed or embarrassed. I will not strap on a stiff bra and pretend I don't have nipples just because clothing has gotten thinner with the season.

They're not indecent, and they're not there to be ogled.

I'm not some kind of nipple-free Barbie doll.

So, deal with it.

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metro LIFE

Elizabeth Arden Introduces Prevage National Week May 23-29, 2015

HIGHS & LOWS

Tear factor
Several films got the crowds blubbering at this year's festival, especially the Amy Winehouse documentary Amy and the moving lesbian love affair at the heart of Carol.

Stiletto-gate
A social media storm erupted after reports that some women had been turned away from the red carpet for not wearing high heels.

3D penis
The biggest crowds of the week were seen at the midnight showing of Love, a hyper-sexual 3D film which featured some wince-inducing closeups in director Gaspar Noe's tale of "blood, sperm and tears." Sadly, critics said the tears were mostly the result of boredom, not controversy.

McConnaissance stumble
The seemingly unstoppable "McConnaissance" hit its first obstacle when his new film The Sea of Trees received loud boos and open derision. The story of a man wandering in a Japanese forest where people commit suicide received a slew of one-star reviews. AFP

Curtains fall on Cannes

ON THE FRENCH RIVIERA

Dheepan wins top prize in another year of great films, terrible turkeys

French migrant drama Dheepan starring Antonythasan Jesuthasan captured the Palme d'Or at this year's Cannes, while Vincent Lindon won best actor and Rooney Mara and Emmanuelle Bercot shared the best actress prize. CONTRIBUTED; GETTY IMAGES

A French thriller spotlighting the plight of traumatized refugees building new lives captured the Palme d'Or top prize at the Cannes Film Festival on Sunday.

As countries around the world grapple with an influx of people fleeing global crises, a jury led by Hollywood filmmakers Joel and Ethan Coen chose the gritty picture Dheepan, about Sri Lankan asylum seekers by acclaimed French director Jacques Audiard, among 19 international contenders.

"To receive a prize from the Coen brothers is something pretty exceptional," Audiard said, clutching the trophy.

"I'm very touched," he said.

Audiard, a Cannes favourite, specializes in films about broken people looking for fresh starts, as in critical triumphs such as A Prophet, Rust and Bone and The Beat That My Heart Skipped.

In Dheepan, novelist and former child soldier Antonythasan Jesuthasan plays an ex-Tamil Tiger fighter escaping Sri Lanka's brutal civil war. He and two strangers — a woman and a nine-year-old girl — pretend to be a family to make it to France on fake passports.

Once they arrive in a rough housing estate on the outskirts of Paris, the makeshift family begins to bond and Dheepan must use his battlefield experience to keep the three of them safe from drug gangs waging a turf war.

Antonythasan himself fought for the Tamil Tigers from the age of 16 before making it in 1993 on a fake passport to France, where he was granted political asylum.

Audiard, who spoke to his actors through an interpreter on set, told reporters during the festival that he "couldn't have placed Sri Lanka on a map" when he started working on the screenplay.

He had rather sought "to approach a love story from a completely different angle" and offer a portrait of his country from the perspective of outsiders looking in.

Other winners

The harrowing Holocaust drama Son of Saul by Hungarian newcomer Laszlo Nemes, offering unflinching depictions of the gas chambers of Auschwitz, claimed the Grand Prize, runner-up for best picture.

"This continent is still haunted by this subject," Nemes said.

And The Lobster, a surreal, pitch-black comedy about modern love by Greece's Yorgos Lanthimos and starring Colin Farrell and Rachel Weisz, bagged the third-place Jury Prize.

Best director honours went to Taiwan's Hou Hsiao-Hsien for the visually lush, slow-burn martial arts film The Assassin.

The nine-member panel handed the best-actress trophy to two winners: U.S. star Rooney Mara for the lesbian love story Carol, which also stars Cate Blanchett; and France's Emmanuelle Bercot, in the doomed romance Mon roi (My King) by fellow actress-turned-filmmaker Maiwenn.

In a strong night for the host country, France's Vincent Lindon won best actor for his moving turn as a job-seeker standing up for his dignity in The Measure of a Man.

Mexican director Michel Franco clinched best screenplay for Chronic starring British actor Tim Roth as a nurse caring for dying patients. AFP

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HUDSON'S BAY

Robert De Niro at New York University's Tisch School of the Arts commencement ceremony. MARY ALTAFFER/THE ASSOCIATED PRESS

ARTS CAREERS

Choose passion over job guarantee: De Niro

Robert De Niro urged new graduates at New York University's Tisch School of the Arts on Friday to keep fighting to create careers in the arts even though it probably would have been easier if they had picked something more practical.

"The graduates in accounting? They all have jobs. Where does that leave you? Envious of those accountants? I doubt it. They had a choice. Maybe they were passionate about accounting, but I think it's more likely they used reason and logic and common sense to research a career," the two-time Academy Award winner said.

"But you didn't have that choice, did you? You discovered a talent, developed an ambition and recognized your passion. When you feel that, you can't fight it. Just go with it. When it comes to the arts, passion should always trump common sense."

De Niro, who quit high school to pursue an acting career, was the honoured speaker at the raucous ceremony for 1,200 graduates at The Theater at Madison Square Garden.

The actor's 15-minute speech was peppered with expletives as he warned that many in the audience — future directors, actors, producers, musicians, singers, dancers, choreographers, filmmakers, writers and photographers — faced a lifetime of rejection ahead. But he challenged them to keep going.

"Now that you've made your choice — or, rather, succumbed to it — your path is clear. Not easy, but clear. You have to keep working. It's that simple," said De Niro.

> **When it comes to the arts, passion should always trump common sense**
> Robert De Niro

The actor reminded the crowd that he auditioned seven times for the 1973 film Bang the Drum Slowly.

"I don't know exactly what they were looking for, but I'm glad I was there when they didn't find it," he said.

De Niro urged the new graduates to adopt as their mantra and battle cry: "Next!"

"You didn't get that part? Next! You'll get the next one or the next one after that," he said, closing his remarks this way: "I know you're going to make it. Break a leg. Next!"

THE ASSOCIATED PRESS

Give selfie a break, let pro snap vacay

SOCIAL MEDIA

Travel tour hires someone else to shoot #humblebrags for you

Here's an idea for compulsive selfie-takers who can't let a good photo op pass without pulling out the smartphone: a week-long vacation touring Nicaragua's Pacific coastline accompanied by a personal photographer to capture all the Kodak moments for them.

The intro for the seven-day trip to Nicaragua says it all: "Leave your selfie stick at home."

(For younger folk, Kodak was the 1990s equivalent of Instagram and Snapchat).

Instead of missing the humpback whale because they were typing a hashtag or uploading a photo, participants with El Camino Travel check their mobile devices at the hotel door and allow someone else to document the most memorable moments of the trip.

The objective? To allow participants to learn — or relearn — how to live in the moment and unplug.

Earlier this year, a photo of man who missed a whale sighting because he was looking at his mobile phone went viral after being captured on Instagram.

At the end of every day, the photographer will provide each participant with 20 of the most dynamic shots that can be shared immediately on social media for a #humblebrag.

About a month after the trip, participants will also receive an edited bank of 150 images from the vacation.

The Nicaragua trip, which has two departures in July and one in December, includes activities like morning yoga, surfing lessons, an all-day catamaran tour, excursions to local artisanal markets and a visit to a cigar factory.

Last year, the W Hotel chain offered a service that was also aimed at freeing clients from the constraints of social media. But at $3,000, the Social Media Wedding Concierge service, which involved hiring a community manager for a couple's wedding, had critics calling the program a step too far in narcissism.

The digital concierge is tasked with live-tweeting the wedding and posting Facebook updates and Instagram photos throughout the nuptials.

The El Camino Travel tours to Nicaragua cost $1,650 to $1,850 US for six days and seven nights, not including airfare. AFP

Put down the selfie stick and let someone else do the clicking. ISTOCK

Music Key CONTRIBUTED

STREAMING MUSIC

YouTube ad-free service not online until September

YouTube's Music Key service has been pushed back once again as the heads of the project have announced that the current beta version will live on through the summer.

Music Key grants unlimited, commercial-free access to music videos in association with Google Play Music, both online and off. The service will require membership, like Spotify and Deezer, but is as of yet available only to a few lucky beta testers until at least Sept. 15, time for YouTube to fine-tune its offer.

Premium membership is expected to go for $9.99/month. AFP

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A home-buying reality check

BUDGETING

Interest, taxes and insurance can cost much more than rent

MONEY MATTERS
Gail Vaz-Oxlade
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That's the amount of your mortgage payment that can go straight to interest in the early years of home ownership, based on a five per cent rate for five years with a 25-year amortization. That equals to $899 per month on a house that costs $250,000.

I have a young friend whom we will call Meg who is 23, has a great job, and is thinking of buying her first home. She came over for tea to run the plan past me.

She and her boyfriend, Jackson, will move into the home together. They've already saved a down payment of $25,000. Meg's take-home pay is $4,000 a month net. Jackson's is $2,000.

While the bank says they will qualify for up to a $300,000 mortgage, Meg and Jackson think that's too much debt. They're thinking of buying a $250,000 home. (No, they're not in a major city, so property values aren't as high.)

We ran some numbers and built some scenarios to see what we would see.

First up, CHMC mortgage insurance: If you put less than 20 per cent down on a home, you'll have to buy insurance from CMHC so that if you can't make the payments the bank is off the hook for the loss. The premiums for mortgage insurance are calculated as a percentage of the loan and depend on your down payment.

For Meg and Jackson buying a $250,000 home, amortized over 25 years with 10 per cent down, their premium would work out to $5,400. Hey, what's another $5,400 if that gets them into a new home lickety-split, right?

Well, actually, it won't be $5,400 if Meg and Jackson do what most people do and just roll that premium into their mortgage. Over the life of the mortgage at just five per cent for the total amortization, that premium will end up costing $9,421 when you add on the interest. To add insult to injury, if you default, the bank's butt is covered but CMHC will take you to court to recoup any losses they eat in the deal. So much for that premium you paid.

Next up was the "renting is a waste of money" question, which was why Meg and Jackson were so fired up about buying as soon as possible. Friends, family, the world had told them that renting is like flushing money down the toilet. Why would you waste money paying off someone else's property?

I took Meg to a mortgage calculator website to show her how much of your monthly mortgage payment would go to interest in those early years. We put in the mortgage amount (house price – down payment + mortgage insurance) of $230,400, at five per cent for five years with a 25-year amortization. The payment popped up: $1,340 a month. She smiled. That was completely manageable and she was thrilled.

But hang on now, said I, how much of that is actually going towards your principal? I pointed to the Term Interest Cost, which was a whopping $53,922.35. So of the $80,400 in payments Meg and Jackson would make on their mortgage in the first five years, 67 per cent or $899 a month would go straight to interest. Add on the cost of property taxes ($200/mo) and home insurance ($75/mo) and they're up to $1,174 a month in money spent that does nothing to pay off their new home. Hey, that looks like rent to me!

We also talked about all the costs associated with home buying that most people don't think about — costs like the appraisal fee, home inspection fee, land transfer fees, water/septic tests (if you're outside a major city), reimbursement of prepaid property taxes, costs to set up new accounts, and legal fees. This can be anywhere from 1.5-4 per cent of the price of the home you're buying. I told Meg she was probably looking at about $5,000 in closing costs.

In the end, Meg decided she and Jackson would rent for a couple of years, building up their down payment and stashing cash away for their closing costs so they wouldn't end up strapping their cash flow just when they were most likely to need to buy some new stuff.

If you don't own your own home in your 20s, you're not a failure. Home ownership used to be a goal in itself. Now it seems have turned into a stepping stone: buy a fixer-upper now, buy a bigger house in five years, then buy a monster home. People follow "the plan" without giving much thought to the costs.

I didn't buy my first home until I was 30 and I was making a crap load of money. Even then, when it came time to sign the paperwork, my hand shook. Actually, my whole body shook and I thought I was going to toss my cookies. That's how big a deal it was for me.

Home ownership should not be seen as a badge, something you measure yourself and others by. Home ownership is a lifestyle choice. Home ownership is great, if you do it right. Buy a home you can't afford, commit to payments that stress you out, and you'll rue it. Your home won't be something you can enjoy, it'll be an albatross around your neck.

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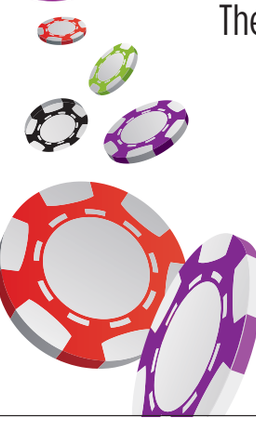

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Put the squeeze on high blood pressure

Research shows isometric handgrip works

High blood pressure affects millions of Canadians, and despite the risk for serious health problems like heart attack and stroke, about one in three don't have their blood pressure under control.

Nineteen out of 20 Canadians will develop it in their lifetime, but getting blood pressure under control can be difficult.

Exercise has long been recommended to reduce blood pressure; today, an emerging area of focus involves something called isometric exercise.

Unlike aerobic exercise, which requires movement, isometric exercise is done when a person contracts their muscles without moving a body part. Research has zeroed in one form, called isometric handgrip therapy, which involves tensing the hand muscles. Isometric handgrip therapy has been shown to be particularly powerful, reducing systolic and diastolic blood pressure by 10 per cent after six to eight weeks in research studies.

"Research shows that isometric handgrip therapy works for many people if it is done right, which means talking to your doctor before beginning and then following a program that sets out the intensity level and frequency," says Dr. Philip Millar, PhD, Assistant Professor at the University of Guelph, who specializes in clinical cardiovascular physiology and has studied isometric handgrip therapy. "Like aerobic exercise, this kind of therapy needs to be guided and progress monitored because people can easily overdo it, or do it and have no impact at all. Simply squeezing something at an unknown intensity level is not a safe or effective approach."

A new device called the Zona Plus uses innovative technology to help put the benefits of isometric handgrip therapy within reach, Handheld and shaped like a joystick, it has a computerized screen that guides patients with screen prompts through a personalized isometric handgrip therapy routine that takes 12 minutes per day, five days per week.

Sold with a money-back guarantee, the device's programs are tailored to each individual's unique physiology, and it tracks progress over time.

Jay Dirkx was diagnosed with hypertension seven years ago. Lifestyle changes and medications helped but he still struggled with control.

"I started using the Zona Plus for my handgrip therapy routine a few years ago," said Mr. Dirkx. "Adding this kind of exercise has made such a difference. The device is easy to use and gives me reassurance that I'm making progress; the fact that I can use it any time and anywhere makes it pretty convenient too."

More information about Zona Plus is available at ZonaHealth.ca, or by calling 1-866-789-9662.

Recovering from workplace errors

ETIQUETTE

Own up to your blunders to keep the trust of colleagues

OFFICE RELATIONS

Eleni Deacon

Don't problem-solve alone if your error affects others. ISTOCK

Even the most diligent double-checkers inevitably make mistakes at work. Whether it's an easy-to-fix slip or a more complicated bungle, owning up to missteps can be both embarrassing and frightening. But while it's tempting to pretend the flub never happened, the way you handle your mistake will have a significant impact on its consequences — both for your organization and for yourself.

As soon as you notice the gaffe, press pause on how you react. Although it's important to move swiftly, panicked confessions will make your mistake — and you — seem sloppy. Before gushing apologies to every manager, team member and intern within earshot, quickly assess the costs of your fault and make a preliminary plan for its rectification. Don't initiate solo damage control unless you are positive your solution won't further disrupt your company's workflow. Worse than making one mistake: bandaging it with another mistake.

When 'fessing up, own up. Visit your superior in-person and provide a clear, composed breakdown of what happened. Apologize, once, then focus on mending your wrong. This is not the time to spew a blame-shifting story about how Roger in Sales gave you the wrong numbers.

Accepting accountability when things go wrong is just as important as doing things right. It's unavoidable that certain mistakes, especially those that cost money or big chunks of time, can bruise the trust between you and your boss. But providing an honest and thoughtful explanation demonstrates that you still deserve their confidence in you.

Once you've explained what went wrong, tackle why it happened. Is your mess-up a rare smudge on an otherwise blemish-free track record? Nobody gets through their career without tripping from time to time. But if you're regularly cleaning up your own spills, it might be time to address the cause. Whether it's lack of motivation, carelessness or a need for more guidance, investigating (and addressing) the root of your goofs will help pre-empt further oversights.

When you make a mistake at work, it can feel like a reputation killer. But in reality, few mistakes will be so severe as to drastically change your professional standing. Manage your mistakes proactively and your lapse will be quickly forgotten. What won't be forgotten: your smooth response to an uncomfortable situation.

PSYCHOLOGY

Masking your true colours could be a moral issue: Study

The drive to be true to ourselves, a concept that encompasses individual values and emotional tendencies, could be so ingrained in Western culture that disguising them makes us feel immoral, according to a new study published in the journal Psychological Science.

Examples include faking enthusiasm for something we have no desire to do or trying to make friends in a group whose values differ from our own — acts that could produce feelings of moral distress in the individual.

Such feelings of impurity leave us in a cloud of guilt that inspires us to cleanse our souls through charitable acts, says the research team that hails from three top-ranked Masters of Business Administration (MBA) programs in the U.S.

Pretending to be someone you're not can cause feelings of guilt, moral distress. ISTOCK

The researchers even suggest the psychological consequences of acting out an inauthentic version of oneself could be compared with those of behaviours such as lying and cheating.

These acts are each a violation of being true, whether to others — in the cases of lying and cheating — or to oneself, in the case of inauthenticity.

What's more, they could promote the urge for physical cleansing, according to the researchers.

Data was collected from participants' writings in which they described a time they felt inauthentic, reporting lower moral self-regard and rated themselves as less generous and co-operative. AFP

metro SPORTS
Your essential daily news

Josh Hamilton will make his Rangers reunion on Monday, four weeks after the Angels traded him

Juan Pablo Montoya's victory on Sunday was Penske's 16th Indianapolis 500 win.
JONATHAN FERREY/GETTY IMAGES

Montoya wins 2nd Indy 500

INDYCAR

Veteran driver drinks milk 15 years after his first triumph

17th
Canadian Alex Tagliani of Lachenaie, Que., finished in 17th place

Juan Pablo Montoya insisted he had the best car in the Team Penske stable — even to his three teammates, who all believed they were legitimate contenders to win the Indianapolis 500.

As they ribbed each other during a Penske event about the traditional victory swig of milk, Montoya interrupted the debate with an emphatic declaration: "I don't understand why you are arguing — I'll win it, and I'll let you drink the milk."

In the end, he kept that whole bottle for himself.

Showing the same confidence he did 15 years ago when he routed the field, Montoya sliced his way from the back to the front twice on Sunday to win his second Indianapolis 500.

"This is too much," he said in victory lane, the winner's wreath around his neck and the traditional bottle of milk in his hand. Flanked by his three children, he looked everywhere for his wife.

It was a far different scene from 2000, when the fearless Colombian was single, childless and using Indy cars as a stepping stone to Formula One. But his career has been a series of ups and downs since then — through F1, NASCAR and finally back to IndyCar with motorsports icon Roger Penske.

His win gave Penske his 16th Indianapolis 500 win, and first since Helio Castroneves in 2009. Penske also joined Chip Ganassi as the only owners to win the Daytona 500 and the Indianapolis 500 in the same year. Ganassi did it in 2010; Joey Logano won the Daytona 500 for Penske in February.

The 15 years between Indy 500 victories are a record for a driver, surpassing A.J. Foyt, who needed 10 years between his third and fourth wins. That first win for Montoya? It came when he drove for Ganassi.

This victory was almost certainly going to go to a Team Penske or Chip Ganassi Racing driver. With a combined nine cars in the field, the two owners showed over the last two weeks that their organizations are head and shoulders above the competition and Indianapolis is their own personal playground.

Penske and Ganassi drivers led the majority of the laps on Sunday — 193 of the 200 — and turned the final restart with 15 laps to go into a three-car thriller between Penske teammates Montoya and Will Power, and Ganassi driver Scott Dixon.

"Ganassi was so strong all day long and they had a smart driver in Dixon," said Penske, who noted his drivers "played fair" the entire race with each other.

Power finished second and Ganassi driver Charlie Kimball was third, ahead of teammate Dixon. THE ASSOCIATED PRESS

> **"This is what racing in IndyCar is all about — awesome racing all the way down to the wire.**
> Juan Pablo Montoya

THE ASSOCIATED PRESS

IN BRIEF

Generals beat Memorial Cup host Remparts in OT
Defenceman Stephen Desrocher whipped a shot under the crossbar at 18:07 of overtime to give the Ontario Hockey league champion Oshawa Generals a 5-4 victory over the host Quebec Remparts on Sunday at the Memorial Cup.

The Generals (2-0), who defeated the Rimouski Oceanic 4-3 on Saturday, are guaranteed to at least reach the semifinals of the four-team event.
THE CANADIAN PRESS

Kirk nips Spieth at Colonial
Chris Kirk made a par-saving 7-foot putt after an errant tee shot at the 18th hole, avoiding a playoff at Colonial in Texas and winning by a stroke on Sunday for his fourth PGA Tour victory.

With a closing 4-under 66, Kirk got to 12-under 268, one ahead of Masters champion Jordan Spieth, playing partner Brandt Snedeker and Jason Bohn. Kirk hooked his tee shot at 18 into rough but a nice chip set up the winning putt.
THE ASSOCIATED PRESS

MLB

Sanchez's solid outing sinks Mariners

Aaron Sanchez
TOM SZCZERBOWSKI/GETTY IMAGES

Aaron Sanchez is getting more comfortable with each outing on the mound.

The Blue Jays right-hander, making just his ninth career start, had another solid performance on Sunday as Toronto defeated the Seattle Mariners 8-2.

"It's been flowing and we're just kind of running with it," Sanchez (4-4) said after going 6-2/3 innings.

The 22-year-old was coming off a career high 7-1/3 innings start on Tuesday. He said that ever since his third start of the season, a win over the Baltimore Orioles in April, "things just kind of started rolling."

"It's about minimizing the damage as much as you can and keeping these guys in the game," Sanchez said. "That's my job. Keep this team in the game and give them a chance to score some runs."

SUNDAY **In Toronto**

8	2
BLUE JAYS	MARINERS

That's how things unfolded Sunday. Sanchez surrendered a leadoff homer to Kyle Seager in the second inning but then kept the Mariners off the scoreboard until he was chased from the game in the seventh. Toronto (20-26) was also able to avoid a three-game sweep in its series against the Mariners (20-23).

Ryan Goins and Edwin Encarnacion hit two-run homers in the fifth inning off Seattle starter Taijuan Walker (1-5), who had held the Blue Jays hitless through the first four innings.
THE CANADIAN PRESS

IN BRIEF

Crash gives Monaco victory to Rosberg

Nico Rosberg won the Monaco Grand Prix for the third straight year after a late crash involving teenager Max Verstappen undid Lewis Hamilton's bid for a fourth win of the season.

Hamilton looked set to take his 37th career win after leading from the start, until the 17-year-old Verstappen rammed his Toro Rosso into the back of Romain Grosjean as he tried to overtake the Lotus driver. THE ASSOCIATED PRESS

Argentine soccer player dies after fainting on pitch

Cristian Gomez, a player with Argentine club Atletico Parana, died on Sunday after collapsing during a second-division match.

The Argentine Football Association match supervisor for the game, Ramon Gomez, told local media that the defender, 27, fainted on the field in the first half of the match against Boca Unidos. The player was taken to hospital where doctors were unable to revive him. THE ASSOCIATED PRESS

Chelsea's farewell to top Drog

BPL SOCCER

Ivorian carried to touchline in last game prior to title party

Didier Drogba is surrounded by teammates after Chelsea were officially crowned the 2014-2015 Premier League champions at Stamford Bridge on Sunday. AFP PHOTO/ADRIAN DENNIS

Before raising the Premier League trophy aloft, Chelsea's players first decided to lift something just as precious: striker Didier Drogba.

In an unusual, mid-game pause around 30 minutes into Sunday's season-ending match against Sunderland, which Chelsea won 3-1, Drogba was carried to the touchline in a planned flamboyant substitution. Then in his final moments as a Chelsea player, the 37-year-old Ivorian removed his shirt and waved farewell to each corner of Stamford Bridge and removed the armband handed to him for the day by club captain John Terry.

Drogba was persuaded to return for one final season by Mourinho, two years after leaving Chelsea following his winning penalty kick in the 2012 Champions League final. This time it really seems to be the end at Chelsea for the former Africa player of the year.

"It's a difficult moment for me," Drogba said in an address to fans after clutching the Premier League trophy he also won three times during his first eight years at Chelsea.

"This one is really special because it's going to be the last one as a (Chelsea) player."

There was no final goal for Drogba on Sunday, with his replacement, Diego Costa, instead quickly scoring from the penalty spot to cancel out Steven Fletcher's Sunderland opener. Loic Remy then scored twice for the champions in the second half before the title party could begin.

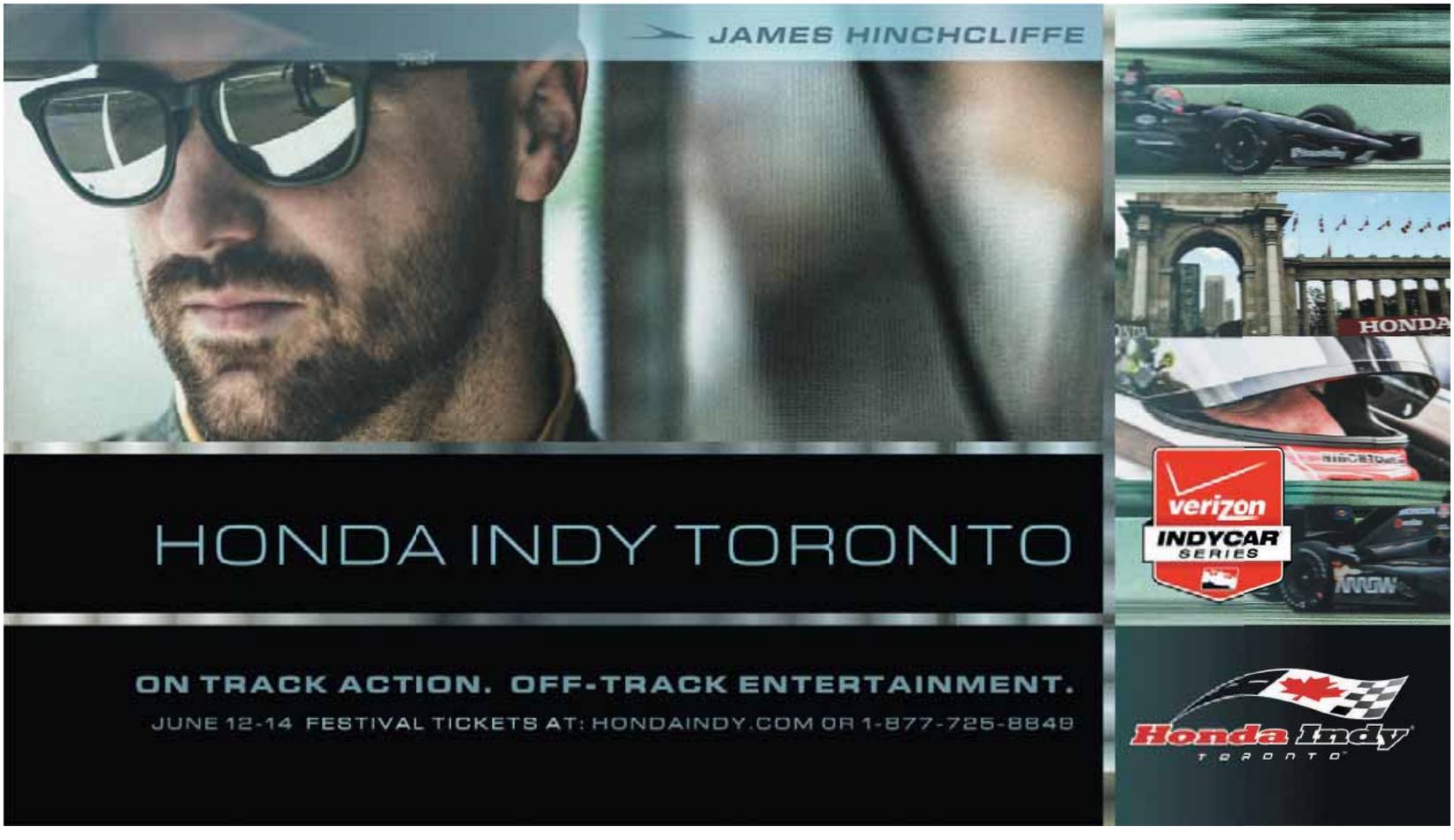
ROUND-UP

Hull is the third team to be relegated after Queens Park Rangers and Burnley.

Hull needed to beat Manchester United to stand a chance of staying up and could only draw 0-0. Even a win wouldn't have made a difference as Newcastle, which started two points above Hull, beat West Ham 2-0. Arsenal secured a third-place finish, and direct qualification for the Champions League group stage, by beating West Brom 4-1. Liverpool lost 6-1 at Stoke but still qualifies for the Europa League along with Tottenham which wins 1-0 at Everton. THE ASSOCIATED PRESS

Sunderland, meanwhile, is now waiting to discover if Dick Advocaat wants to stay as manager or retire. The 67-year-old Dutchman was hired on a temporary deal two months ago and completed the task of keeping the northeast club in the Premier League.

THE ASSOCIATED PRESS.



NHL PLAYOFFS BOLTS MOVE TO WITHIN A WIN OF CUP FINAL Lightning centre Brian Boyle bowls over the Rangers' J.T. Miller as defenceman Andrej Sustr looks on during Game 5 of the Eastern Conference final Sunday night in New York. Valtteri Filppula and Steven Stamkos scored second-period goals while goaltender Ben Bishop made 26 saves as the Lightning won 2-0. They now lead the best-of-seven series 3-2. KATHY WILLENS/THE ASSOCIATED PRESS

Federer bothered by security breach

TENNIS

Teen fan makes it on to court for selfie with star

As Federer finished an interview after his first-round French Open victory Sunday, an overzealous fan left his seat and approached the 17-time major champion right there on the main stadium court in search of the most modern of mementos — a cellphone selfie.

At first, Federer seemed startled. Then he looked uncomfortable, trying to brush away the unexpected guest, who appeared to be in his teens, before a guard led the spectator away. And in the end, Federer was angry at what he considered a serious lapse in security.

"I'm not happy about it. Obviously, not (for) one second (am I) happy about it," Federer said, adding that something similar happened a day earlier, when several kids interrupted his practice session at Roland Garros. "Normally I only speak on behalf of myself, but in this situation, I think I can speak on behalf of all the players — that that's where you do your job, that's where you want to feel safe."

A boy who climbed down from the stands takes a selfie with Roger Federer in Paris on Sunday. DAVID VINCENT/THE ASSOCIATED PRESS

Tournament director Gilbert Ysern headed to the locker-room to offer a personal apology and also spoke to Federer's wife, Mirka, in the players' lounge. Ysern called it "embarrassing" and acknowledged Federer "has good grounds for being unhappy," but chalked the whole thing up to "lack of judgment" on the part of the security staff that let the intruder get by.

"Honestly," Ysern said at a news conference, "at this stage, there is no reason for us to change the security procedures."

Ysern noted that tennis security was beefed up worldwide after then-No. 1 Monica Seles was stabbed in the back by someone who came out of the stands during a changeover at a tournament in Germany in 1993.

"Given what happened with Seles and ... (that) we live in a civilization that has gone a bit mad, it's clear that we absolutely owe it to the players to allow them to play on the court," Ysern said.

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RECIPE Seafood Satay

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Ready in
Prep time: 10 minutes
Cook time: 5 minutes

Ingredients
- 1 lb large peeled shrimp or scallops, or a combination
- ¼ cup light coconut milk
- 2 Tbsp natural peanut butter
- 2 tsp low-sodium soy sauce
- 2 tsp sesame oil
- 2 tsp rice vinegar
- 1 tsp honey
- 1 tsp sesame seeds, toasted
- 1 tsp minced garlic
- ½ tsp minced fresh ginger
- ½ tsp hot Asian chili sauce (or to taste)
- 3 Tbsp chopped fresh cilantro or parsley

Directions

1. Preheat the barbecue or a non-stick indoor grill to medium-high. If using wooden skewers, soak 4 skewers in water for 20 minutes.

2. Thread seafood on skewers.

3. Mix remaining ingredients.

4. Brush skewers with half the sauce. Spray grill with cooking oil and cook skewers, turning once, for 5 minutes or until the seafood is just cooked though.

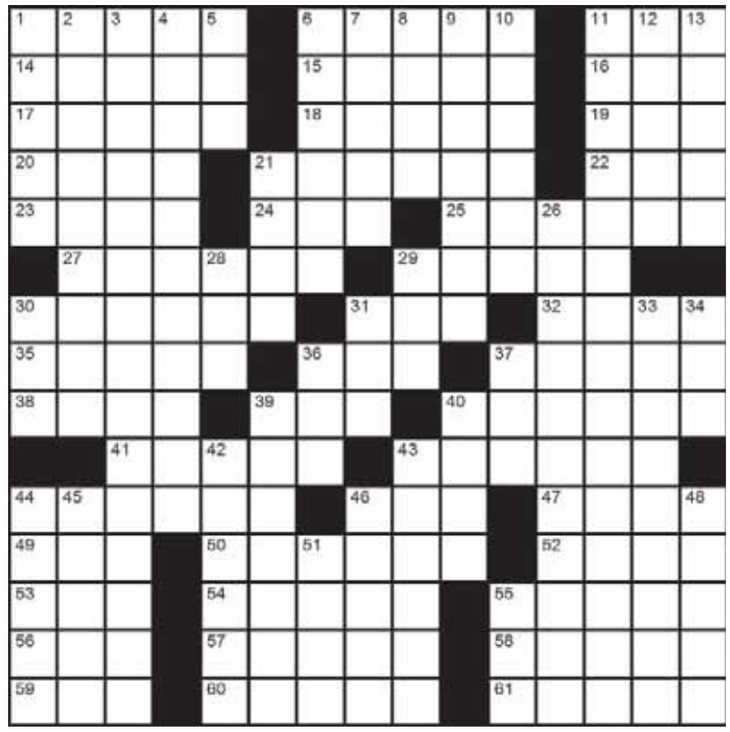
5. Serve with remaining sauce on side. Sprinkle with the cilantro and additional sesame seeds.

Nutrition per serving (recipe serves 4)
- Calories 173
- Protein 20 g
- Carbohydrates 4.4 g
- Fibre 0.8 g
- Total fat 8.4 g
- Saturated fat 1.9 g

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Entrepreneur/mogul, Sean '__' Combs
6. Pierces
11. School org.
14. 403 in ancient Rome
15. Principle
16. Functioned
17. Classic fabric
18. Anoint, archaically
19. Type
20. Time __ __ the essence
21. Explode: 2 wds.
22. "Kill Bill: __. 1" (2003)
23. Flower shop item
24. Literary contraction
25. Demi Moore movie in which she shaved her head: 2 wds.
27. __ International Airport, in Newfoundland
29. Ms. Jackson
30. Austrian composer, Franz __ (b.1787 - d.1863)
31. "Corner __"
32. Portions, briefly
35. Rid of certain vermin
36. Young sheep
37. Line
38. __ up (Be livelier)
39. Peach's inner
40. "Gigi" (1958) star Ms. Caron
41. Spooky
43. Retro series on Montreal-born actress Jessica Pare's resume: 2 wds.
44. Joe __ (Canadian designer who will be on the upcoming season of CBC's "Dragons' Den")
46. Long-snouted fish
47. Eye part
49. Actress Ms. Green
50. Home of Odysseus
52. Mr. Shankar
53. "__ _ ever!" (And how!)
54. Neutral shade
55. Director, Michael __
56. Prince Valiant's son
57. Mr. Woods of golf
58. Beach towel site
59. Fleur-de-__
60. Toboggans
61. Benjamin __ (Kamloops, BC born actor)

DOWN
1. Cato's 654
2. Differer's declaration: 2 wds.
3. Drumheller, Alberta: Earth's extinct extractions: 2 wds.
4. Name of the wolf-dog on "Due South"
5. Yang's counterpart
6. Less recently-baked
7. Carpentry joint, mortise and __
8. Afresh
9. Type of whales
10. Intervene: 2 wds.
11. Ride leading to a penthouse suite: 2 wds.
12. Jean-__ (Montreal metro station)
13. __-length boots
21. Root __ (A&W specialty)
26. "Damn!" or "Blimey!", Canadian-style: 2 wds.
28. P.I.
29. Series for Canadian actor David James Elliott
30. Economy stat.
31. Acquire
33. Arthurian Legend lady
34. Date
36. Connect
37. Proof-ending letters
39. Northern __ (Duck variety)
40. Ms. Spencer of "Good Morning America"
42. Bonnie of song, and surnamesakes
43. Bearers of ceremonial staffs
44. Soldier's honour
45. Off-white
46. Gawked
48. Army assistants
51. Massive
55. Sly __ _ fox

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Make things easy for yourself and learn from other people's mistakes. You can do your own thing in your own way if you wish but wouldn't it be better to tread in the footsteps of those who have been there?

Taurus April 21 - May 21
You will have to work closely with people you would probably prefer to avoid over the next 24 hours. But don't worry, it won't be too much of an ordeal and come this time tomorrow you'll be saying your good-byes.

Gemini May 22 - June 21
You have a huge sense of optimism and self-belief but it does not mean you will be free of the consequences of your actions. Think before you act over the next 24 hours — it could save you a lot of trouble.

Cancer June 22 - July 23
You don't feel under so much pressure and can spend more time with those you love. For too long you have kept your feelings under wraps — now it's time to show them off.

Leo July 24 - Aug. 23
You seem to believe that there is no longer any danger, that your critics and rivals have all been dealt with and no longer pose a threat. Maybe you're right, but can you be sure?

Virgo Aug. 24 - Sept. 23
The plans you make over the next few days may have to be revised in the light of new information come next weekend, so don't make them too binding. Remember: there is a world of difference between creative thinking and wishful thinking.

Libra Sept. 24 - Oct. 23
You may have strayed a little off course of late but don't worry about it. What happens today will point you in the right direction and make you realize that you are really not that far away from where you should be.

Scorpio Oct. 24 - Nov. 22
Be careful what you ask for over the next 24 hours because, having got it, you may decide that you don't want it after all. Not only will that be embarrassing but you may have to pay someone to come and take it away!

Sagittarius Nov. 23 - Dec. 21
Focus on the one or two things that really matter and let everything else look after itself. Like all Sags you are easily distracted but you can and you must concentrate on what is important today.

Capricorn Dec. 22 - Jan. 20
Whatever you are working on now you must make a good job of it. If you try to get away with less than perfect work you will most likely have to go back and do it all again later.

Aquarius Jan. 21 - Feb. 19
It will pay you to keep a low profile today. Nothing bad is likely to happen if you stick your head above the parapet. but calling attention to yourself could result in extra chores you really don't want to do.

Pisces Feb. 20 - March 20
You may have nothing to hide but that does not give friends and family members the right to probe into your private affairs. Anyone who tries to do so today must be told in no uncertain terms to mind their own business.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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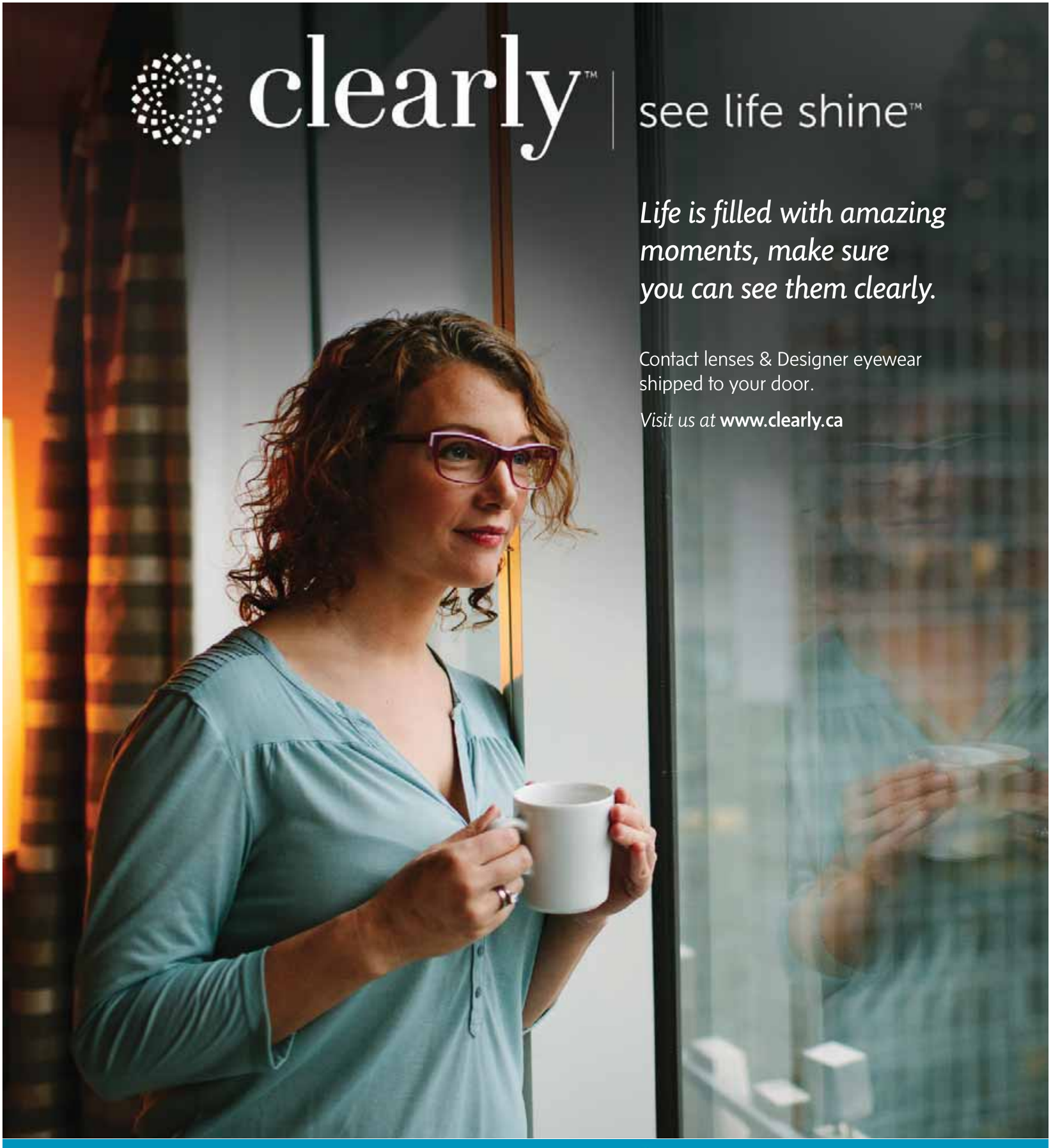
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